

**Muffins for Mom**  
Celebrate Mother's Day by having students invite their mother to breakfast.



**May  
2009**



**Fruit Fun Fact**  
Strawberries are the only fruit with seeds on the outside. On average, one strawberry has 200 seeds!

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
				<b>Cheerios Birthday!!</b> 1 
4 <b>Orange Juice Day</b> 	5 	Partner with teachers who are studying Cinco de Mayo and celebrate by serving up traditional Mexican fare	7	8
Orange juice is a great source of vitamin C which plays an important role in immune function as well as keeping bones, teeth and gums healthy.	12	13	For a special breakfast treat add chocolate chips to pancakes, quick breads or muffins	15 <b>National Chocolate Chip Day</b> 
18	19	<b>Strawberry Day</b> 	Use commodity frozen sliced strawberries or strawberry cups as a topping for pancakes or waffles	22
25 <b>Memorial Day</b> 	26	27	28	29

\* For recipe ideas see *A Tool Kit for Healthy School Meals: Recipes and Training Materials* or visit <http://www.nfsmi.org/Templates/TemplateDefault.aspx?q=cELEPTewMiZpc01ncj10cnVl>